

TIẾNG ANH 9: UNIT 3: HEALTHY LIVING FOR TEENS

LEVEL A2 (PRE-INTERMEDIATE)

DẠNG 1: Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.

Adolescence is a crucial period for establishing healthy lifelong habits. If teenagers want to maintain high energy levels throughout the day, they (1) _____ skip breakfast and should eat balanced meals. However, many students do not know (2) _____ nutritious dishes at home, so they rely on convenience foods. If you (3) _____ fast food and sugary snacks regularly, you may face health issues such as obesity and tooth decay.

To prevent these problems, teenagers ought to (4) _____ a regular sport or physical activity. The (5) _____ active you are during the day, the better sleep quality you will experience at night. When academic pressure mounts, students (6) _____ feel overwhelmed, but they must learn (7) _____ emotional stress effectively.

Additionally, it is essential to (8) _____ screen time before going to bed. If you turn off your electronic devices early, you (9) _____ fall asleep faster and wake up refreshed. Remember, the earlier you start taking care of your body, (10) _____ healthier your future will be!

- | | | | |
|---------------------|---------------------|-------------------|--------------------|
| 1. A. shouldn't | B. mustn't | C. wouldn't | D. needn't |
| 2. A. what | B. where | C. how to prepare | D. why to make |
| 3. A. cut down | B. live on | C. give up | D. carry out |
| 4. A. take up | B. look after | C. pass down | D. turn off |
| 5. A. more | B. most | C. better | D. best |
| 6. A. may | B. must | C. have to | D. should |
| 7. A. how to manage | B. what manage | | |
| | C. where managing | | |
| | D. when to managing | | |
| 8. A. cut down on | B. keep up with | C. run out of | D. look forward to |
| 9. A. can | B. could | C. should | D. might |
| 10. A. a | B. an | C. the | D. than |

DẠNG 2: Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 11 to 20.

In recent years, modern technology has significantly transformed the lifestyle of teenagers. While smartphones and laptops offer great entertainment and educational resources, excessive screen time poses severe risks to physical and mental health. Many adolescents spend hours scrolling through social media late into the night. Consequently, they suffer from sleep deprivation, which directly affects their concentration and academic performance at school.

Nutritionists emphasize that teenagers need proper fuel for their growing bodies. Unfortunately, fast food chains have made processed meals extremely popular among young people. If teens continue to **live on** junk food and carbonated drinks, they will likely develop chronic health problems later in life. To avoid these risks, young people should learn how to choose nutritious ingredients and cut down on sugar intake. Parents can also support their children by showing them where to find healthy recipes online.

Moreover, managing stress is an essential skill for teenagers today. Schoolwork, exams, and social expectations often cause anxiety. If students do not know how to cope with stress, **they** may feel exhausted and depressed. Engaging in outdoor activities, practicing yoga, or simply talking to a school counselor can bring positive changes. The more time teens spend exercising outdoors, the less stressed they will feel. Developing a balanced daily routine is the key to a happy and healthy teenage life.

11. What is the primary topic of the passage?

- A. The negative impacts of smartphones on adult life.
- B. How teenagers can balance technology, nutrition, and stress.
- C. The popularity of fast food chains among school students.
- D. How to become a professional sports coach.

12. According to paragraph 1, what is a direct consequence of late-night screen time?

- A. Students get higher marks in exams.
- B. Students suffer from sleep deprivation.
- C. Students learn how to cook fresh meals.
- D. Students build better social relationships.

13. How does sleep deprivation affect teenagers at school?

- A. It improves their memory and creativity.
- B. It hurts their focus and academic results.

C. It helps them finish homework much faster.

D. It encourages them to take up new sports.

14. The phrase "**live on**" in paragraph 2 is closest in meaning to _____.

A. eat mainly

B. give up

C. look after

D. run out of

15. According to paragraph 2, how can parents help their children eat healthier?

A. By buying them more fast food and soft drinks.

B. By showing them where to find healthy recipes online.

C. By forcing them to skip daily meals.

D. By stopping them from doing physical exercises.

16. What does paragraph 2 suggest teenagers should do regarding sugar?

A. Increase their daily sugar intake.

B. Replace water completely with carbonated drinks.

C. Cut down on their sugar intake.

D. Avoid eating fresh fruits and vegetables.

17. The word "**they**" in paragraph 3 refers to _____.

A. exams

B. school expectations

C. outdoor activities

D. students

18. Which of the following is NOT mentioned in paragraph 3 as a way to reduce stress?

A. Playing video games all night.

B. Engaging in outdoor activities.

C. Practicing yoga.

D. Talking to a school counselor.

19. According to the last paragraph, the more time teens spend exercising outdoors, _____.

A. the more anxious they become

B. the less stressed they will feel

C. the more tired they get at school

D. the lower their exam results will be

20. Which of the following statements is TRUE according to the passage?

A. Fast food provides all necessary vitamins for growing teens.

B. Smartphones have no negative effects on teenagers' sleep.

C. Talking to a school counselor can help teens deal with anxiety.

D. Teenagers should spend all day studying without taking breaks.

DẠNG 3: Four phrases have been removed from the text below. For each question, mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.

A. how to deal with exam anxiety B. you can improve your overall physical fitness

C. the more energetic you will feel D. you must cut down on fast food

Maintaining a healthy lifestyle during high school requires planning and discipline. First, if you want to protect your physical body, (21) _____. Many teenagers do not know (22) _____, so consulting a school psychologist can be very helpful. Second, by taking up sports like swimming or basketball, (23) _____. Finally, remember that consistency is crucial: the more regularly you maintain healthy daily habits, (24) _____.

21. _____

22. _____

23. _____

24. _____

DẠNG 4: Mark the letter A, B, C, or D on your answer sheet to indicate the correct order of sentences to form a meaningful paragraph.

(a) First, if you suffer from study stress, you should talk to your teacher to ask where to get advice.

(b) The more balanced your lifestyle is, the better results you will achieve at school.

(c) Taking care of your mental and physical health during teenage years is essential.

(d) In addition, you ought to cut down on late-night gaming so that your body can rest properly.

(e) Instead of spending hours on screen, you can take up outdoor sports with your friends.

A. (a) - (b) - (c) - (e) - (d)

B. (c) - (a) - (e) - (d) - (b)

C. (c) - (d) - (a) - (e) - (b)

D. (d) - (c) - (a) - (b) - (e)

DẠNG 5: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of words/phrases to form a meaningful sentence.

26. If / eat / nutritious food, / you / can / stay healthy. / you / more

A. If eat you more nutritious food, you stay healthy can.

B. You can if eat more nutritious food, stay healthy.

C. If you eat more nutritious food, you can stay healthy.

D. If more nutritious food you eat, stay healthy you can.

27. **does not / He / know / where to / professional advice / get / about fitness.**

- A. He does not know get where to professional advice about fitness.
- B. He does not know where to get professional advice about fitness.
- C. He know where to does not get professional advice about fitness.
- D. Where to get professional advice he does not know about fitness.

28. **more / exercise, / The / you / health / improves. / your / better**

- A. The more you exercise, the better your health improves.
- B. The exercise you more, the better your health improves.
- C. The more you exercise, the more better your health improves.
- D. You exercise more, your health improves better.